

SPRING CREEK SENIOR PARTNER NEWS – MARCH 25th, 2022

MARCH 13, 2022 to March 19, 2022 IS NATIONAL MULTIPLE SCLEROSIS WEEK

According to National Multiple Sclerosis Society, Multiple sclerosis (MS) is a disease that impacts the brain and spinal cord which make up the central nervous system and controls everything we do. The exact cause of MS is unknown. However, studies reveal something triggers the immune system to attack the brain and spinal cord. This interruption of communication signals causes unpredictable symptoms such as numbness, tingling, mood changes, memory problems, pain, fatigue, blindness and/or paralysis. Additionally, everyone's experience with MS is different and these losses may be temporary or long lasting.

The symptoms, severity, and duration can vary from person to person. Some people may be symptom free most of their lives, while others can have severe chronic symptoms that never go away.

Physical therapy and medications that suppress the immune system can help with symptoms and slow disease progression. Treatment typically focuses on speeding recovery from attacks, slowing the progression of the disease and managing MS symptoms. Some people have such mild symptoms that no treatment is necessary.

MS isn't a fatal condition in most cases, and most people with MS have a close-to-normal life expectancy. But since the disease varies so much from person to person, it can be difficult for doctors to predict whether their condition will worsen or improve.

Common early signs of multiple sclerosis (MS) include:

- vision problems.*
- tingling and numbness.*
- pains and spasms.*
- weakness or fatigue.*
- balance problems or dizziness.*
- bladder issues.*
- sexual dysfunction.*
- cognitive problems.*

SCSP IS LOOKING FOR VOLUNTEERS

WANT TO GET INVOLVED IN YOUR COMMUNITY?

HAVE A SPECIAL SKILL, TALENT YOU WANT TO SHARE?

WORK WITH A GROUP OF CARING INDIVIDUALS IN A STIMULATING AND REWARDING ENVIRONMENT?

JOIN OUR GROWING GROUP OF DEDICATED VOLUNTEERS. WE HAVE A VARIETY OF ROLES TO FIT YOUR SKILLS, TALENTS AND INTERESTS INCLUDING PATIENT NAVIGATION, TELEPHONE REASSURANCE, FRIENDLY VISITING, HELPING OUT WITH OUR EVENTS AND TRIPS, WORKING IN OUR OFFICE, LEADING AN ACTIVITY.

For more information, call Trichna Parris at 718-348-7620.

April is Volunteer Recognition Month and we will be honoring our very special and dedicated volunteers at a special event (TBD) To be determined.

Tips on how to increase your chances for a long and healthy life:

Be active – walk; exercise; if possible, take the stairs instead of the elevator. Eat lots of fruits, vegetables, whole grains and little or no fatty foods. Don't smoke and limit your alcohol consumption. Go for annual medical checkup. Take advantage of preventive screenings and immunizations like flu and pneumonia shots. Pay attention to your mental health – ongoing sadness, loss of interest, anxiety, feeling overwhelmed, changes in sleep pattern, loss of appetite, excessive crying, irritability and so on. If you experience any of the above-mentioned symptoms, please contact NYC WELL at 1-888-692-9355.

Spring Creek Senior Partners offers many events and activities to help keep you active, informed and healthy.

For more information, call the office of Spring Creek Senior Partners and speak to one of our staff members at 718-348-7620 for an appointment.

Join us for

1) Concert In Motion – Live Performance in the conference room March 21, 2022 at 1:00pm or

**** Join Zoom Meeting ID: 527 067 8391 – Call in Number 1 646 558 8656. If you call in by telephone, you will be prompted to enter the meeting ID: 527-067- 8391, followed by #. When asked for a participant ID, skip this by pressing # again***

2) Technology Hybrid – Monday, Wednesday and Friday

3) ARTS/CRAFTS (CROCHET) & GARDENING every Thursday (in-person)

4) Steelpan music class every Tuesday with Instructor Gregory Lezema (in-person)

5) Painting class every Wednesday with Instructor Alicia Aberdeen (in-person)

6) Pottery class every Friday with Instructor Charles Watts(in-person)

7) BINGO every Friday (in-person)

8) Two new activities: Tai Chi for Arthritis + Stay Active and Independent for Life (SAIL) will begin in early April 2022.

The staff of Spring Creek Senior Partners is here to assist those living in Spring Creek Towers who are 60 years and older. You are always welcome to participate in our many events and activities.

If you need to see one of our case workers or the NORC Nurse, please call for an appointment. Our number is 718-348-7620.

ABOUT SPRING CREEK SENIOR PARTNERS

Spring Creek Senior Partners is a Naturally Occurring Retirement Community/Supportive Service Program (NORC/SSP) and we serve all residents who are 60 years or older. Our services are free and open to all residents of Spring Creek Towers. You can visit Monday through Friday 9:00 am to 5:00 pm at 160 Schroeders Ave. (G5) or call us 718-348-7620.

